

WORKS WITH BOTH...

JIM STOPPANI'S 6-WEEK
**SHORTCUT TO
SHRED**



JIM STOPPANI'S 12-WEEK
**SHORTCUT TO
SIZE**

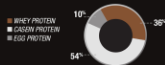


This product was produced in a GMP-compliant facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

PROTEIN CONTENT

- Whey protein isolate: 9g
- Micellar casein: 9g
- Milk protein isolate: 9g (7.2g casein, 1.8g whey)
- Egg albumin: 3g



CARB BLEND

- LOW GLYCEMIC INDEX
 - Pea Starch (13.5g)
 - Polydextrose (2.5g)
 - Isomaltulose (2g)
 - oat Fiber (1.5g)

- HIGH GLYCEMIC INDEX
 - Dextrose (3g)
 - Creamer / Flavor System (7.5g)

Each Serving Equals Remaining carbohydrate content provided by protein sources

HIGH-QUALITY PROTEIN AND CARBOHYDRATE
BLEND FOR MAXIMAL MUSCLE GROWTH*

JYM

MASS JYM

30G
PROTEIN

30G
CARBS

280
CALORIES

4G
FIBER



MASS GAINER
31 SERVINGS
Dietary Supplement

NET WEIGHT 5 LBS. (2268g)

**CHOCOLATE
COOKIE CRUNCH**
Natural & Artificial Flavors



Supplement Facts

Serving Size: 1 scoop (73.4g), 2 scoops (146.8g)
Servings Per Container: (1 scoop) About 31

	1 Scoop		2 Scoops	
	Amount	% Daily Value*	Amount	% Daily Value*
Calories	280		550	
Calories from fat	35		70	
Total Fat	4g	6%*	8g	12%*
Saturated fat	1g	5%*	2g	10%*
Cholesterol	10mg	3%	20mg	7%
Total carbohydrates	30g	10%*	60g	20%*
Dietary fiber	4g	16%*	9g	36%*
Sugars	7g	**	14g	**
Protein	30g	60%*	60g	120%*
Calcium	500mg	50%	1000mg	100%
Sodium (as sodium chloride)	170mg	7%	340mg	14%
Potassium	480mg	14%	960mg	27%

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

OTHER INGREDIENTS: Protein blend (Micellar casein, Milk protein isolate, Whey protein isolate, Egg albumin), Carb blend (Pea starch, Dextrose, Polydextrose, Isomaltulose, oat fiber), Non-dairy creamer (Sunflower oil, corn syrup solids, sodium caseinate, mono- and diglycerides, dipotassium phosphate, tricalcium phosphate, soy lecithin, tocopherols), Cocoa powder (Dutch Process), Natural and artificial flavors, Chocolate cookie gems (rice flour, sugar, tapioca starch, cocoa processed with alkali, palm oil, corn starch, salt, natural flavors, sodium bicarbonate, soy lecithin), Gum blend (Cellulose gum, Xanthan gum, Carrageenan), Acesulfame potassium, Sucralose, Lecithin, Silicon dioxide.

ALLERGEN WARNING: Contains MILK, EGGS and SOY and is produced in a facility that also processes PEANUTS and WHEAT.

DIRECTIONS: Mix each scoop of Mass JYM with 10oz. of cold water or the liquid of your choice. Consume throughout the day to increase your total calorie and protein intake. Mass JYM can be used pre or post workout, in between meals, in the morning or before bed to maximize muscle gains.

WARNINGS: Do not use as a sole source of nutrition. Keep out of reach of children. Check with a qualified healthcare professional before taking this product if you are pregnant, nursing a baby, under 18 years of age, or if you have any known or suspected medical condition(s) and/or are taking any prescription or OTC medication(s). This product contains a chemical known to the State of California to cause cancer, birth defects, or other reproductive harm.



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